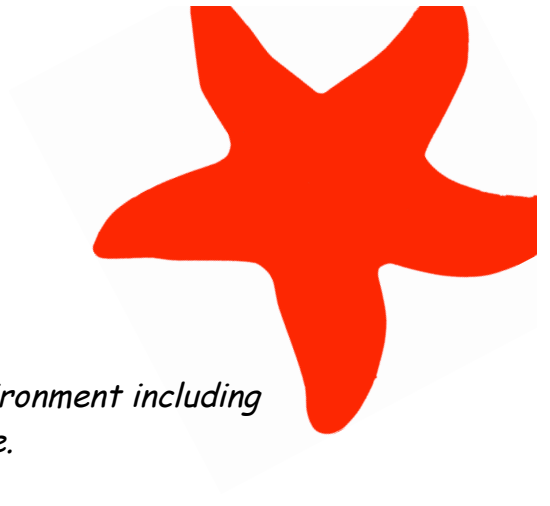


Student Class _____

STARFISH



Learning Intention:

To gain confidence and competence in the pool environment including submersion and breath control through the surface.

Safe Entry and exit				
Moving independently in the water				
Blowing bubbles				
Submerging				
Submerging and blowing bubbles				
Open eyes under the water				
Leg Action Front - with floatation (noodle) <i>Relaxed</i>				
Back - with floatation (noodle) <i>Relaxed</i>				

JELLY FISH



Learning Intention:

To gain confidence and competence in floating, gliding, kicking and arm action on front and back and to be introduced to horizontal rotation

Safe Entry and Exit from the pool				
Floating on Front <ul style="list-style-type: none"> • Regain feet 				
Floating on Back <ul style="list-style-type: none"> • Regain feet 				
Front Glide and kick				
Freestyle arm action				
Horizontal Rotation				

LOBSTER

Learning Intention:

To develop Freestyle and backstroke swimming skills and introduce breaststroke and increase water safety awareness

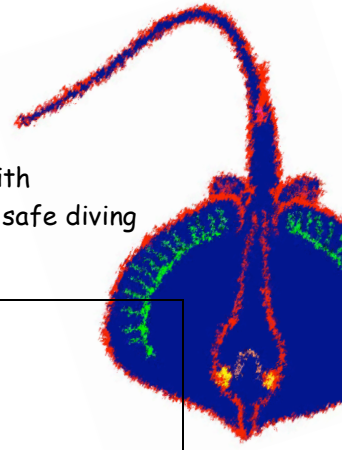


Safe Entry and Exit from the pool				
Glide and kicking 10m				
Freestyle 15m- good technique				
Backstroke 15m - good technique				
Breaststroke legs				
Breaststroke Arms				
Treading water - eggbeater				
Non rigid and rigid assistance				

STINGRAY

Learning Intention:

To develop endurance in Freestyle, Backstroke and breaststroke swimming with increasing accurate technique and increase water safety awareness including safe diving

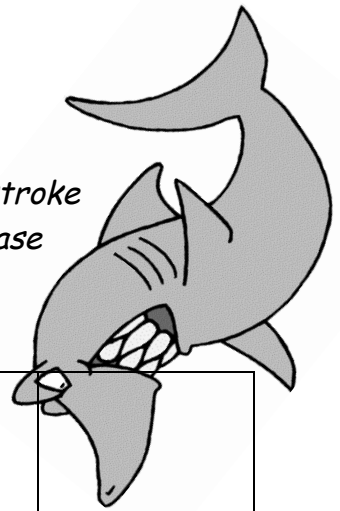


Safe Entry and Exit from the pool- Including a safe dive				
25m good technique <ul style="list-style-type: none"> • Freestyle • Backstroke • Sculling 				
25m Breaststroke coordinating Timing <ul style="list-style-type: none"> • Arms • Legs 				
Dolphin kick underwater <ul style="list-style-type: none"> -front -back -side 				
15m sidestroke				
Floating Orientation 1 min				
Demonstrate HUDDLE				
Treading water <ul style="list-style-type: none"> - eggbeater - Crab kick 				
Non rigid and rigid assistance				
Personal survival <ul style="list-style-type: none"> -clothed 1 min 				

SHARKS

Learning Intention:

To develop endurance in Freestyle, Backstroke and Breaststroke swimming with increasingly accurate technique and to increase Water Safety awareness including safe dives



Safe Entry and Exit from the pool- Including a safe starting dive				
50m good technique <ul style="list-style-type: none"> • Freestyle • Backstroke • Sculling 				
50m Breaststroke good technique Timing <ul style="list-style-type: none"> • Arms • Legs 				
25m Sidestroke				
Demonstrate HELP and HUDDLE survival positions				
Relaxed Floating 3-4 min				
Treading water <ul style="list-style-type: none"> - eggbeater - Crab kick 				
Non rigid and rigid assistance				
Personal survival <ul style="list-style-type: none"> -clothed 1 min - swim 15m 				